



15 May 2026

Dear Parents and Carers,

As the cooler weather sets in, we are entering the cold and flu season. We kindly ask that you please keep your child at home if they are unwell.

When deciding whether your child is well enough to attend school, please consider their ability to manage their own hygiene. Children who are unable to cover coughs and sneezes or wipe their own noses are more likely to spread germs. When illness spreads, it can significantly impact staff availability, and arranging adequate coverage can be challenging. We also have several students who are severely immunocompromised and particularly vulnerable to serious illness.

A free flu vaccine is available for children aged 6 months to 5 years, as well as for children of any age with certain medical conditions, including asthma, cardiac conditions, and chronic neurological conditions. This year, a nasal spray flu vaccine is also available for eligible children aged 2 to 11 years with specific medical conditions. As this is a live vaccine, it may not be suitable for all children, so we encourage you to discuss this option with your GP.

If your child experiences vomiting or diarrhoea, please keep them home for 24 hours after their last episode.

If you have any questions or concerns, please don't hesitate to contact the school. We are always happy to help and appreciate your ongoing support in keeping our school community healthy.

Kind regards,

School Nurses